



(Lecture 12) Anti-Cancer Foods

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on behalf of Faiz Foundation,
Model Town, Lahore on

30 January 2012

First DietCare Research Center

109-C/1, Nespak Colony,

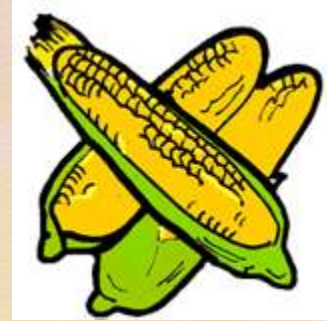
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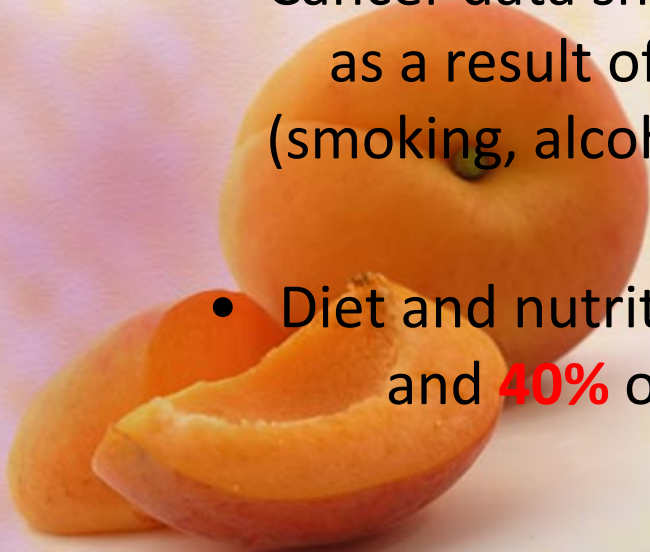
- Introduction
- How cancer develops
- Kinds of cancers
- Foods must eat
- Foods never eat
- The most powerful anti-cancer herb
- Best lifestyle (10 point agenda)



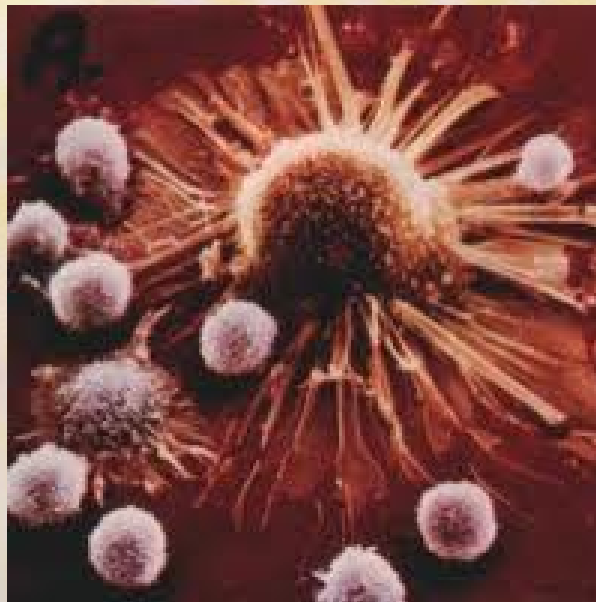
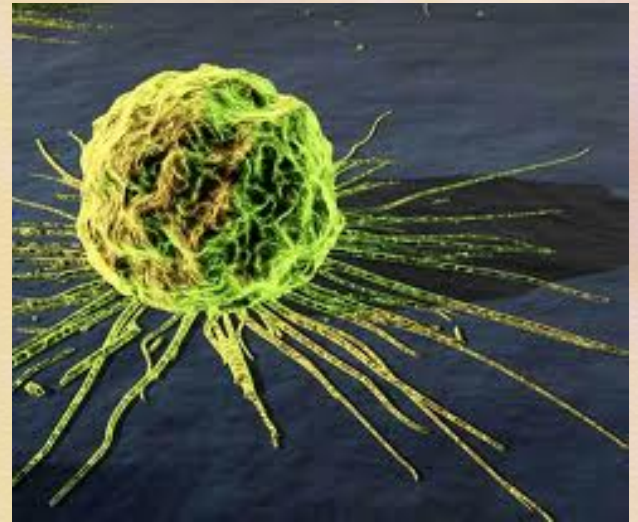
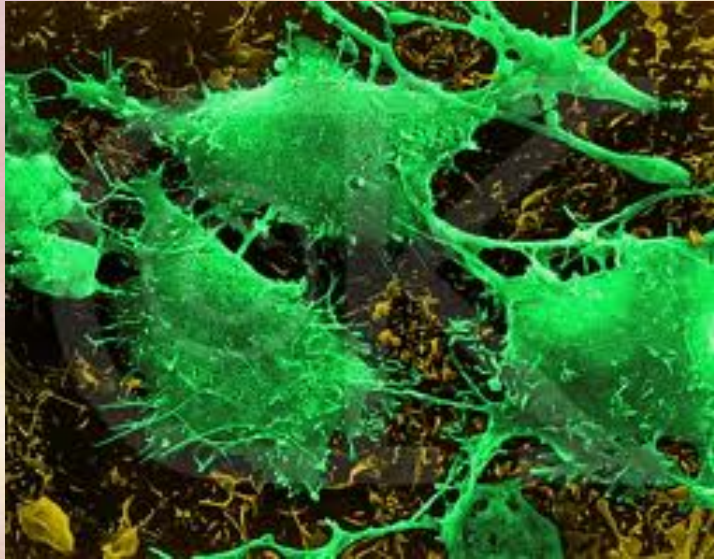


Introduction

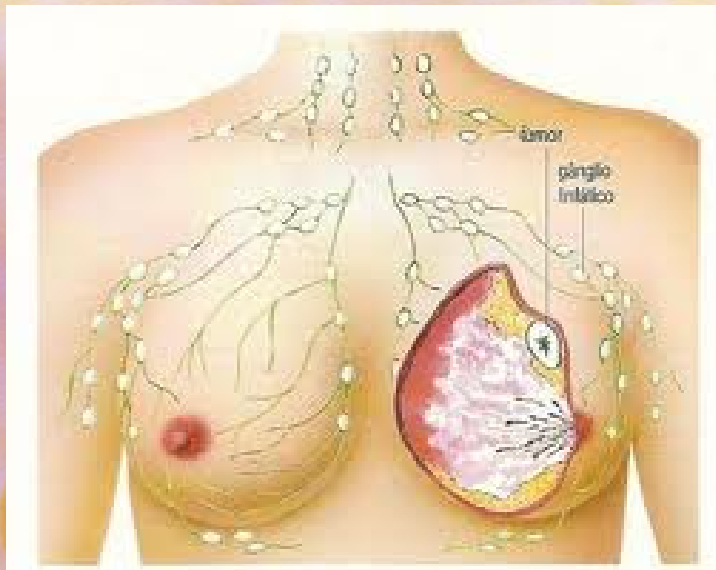
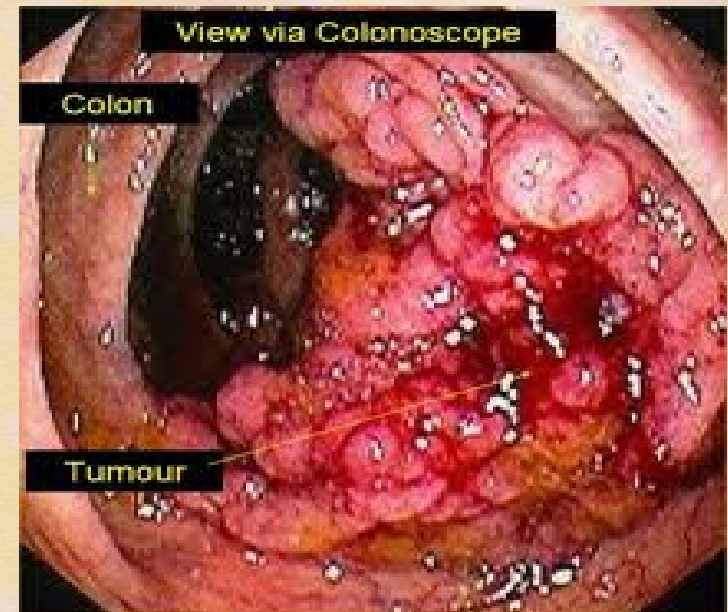
- **Cancer** is a malignant neoplasm and involves **unregulated** cell growth where cell divide and grow uncontrollably, forming **malignant tumors**, and **invade nearby parts** of body.
 - People immediately associate **cancer** with **dying**.
- Cancer data shows that **80-90%** of all cancers are produced as a result of dietary and nutritional practices, lifestyle (smoking, alcohol, etc), chemicals and other environmental factors.
- Diet and nutrition appear to be factors in **60%** of women's and **40%** of men's cancers as well as about **75%** of cardiovascular disease cases.



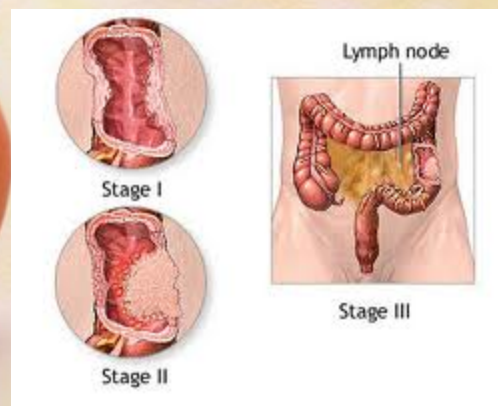
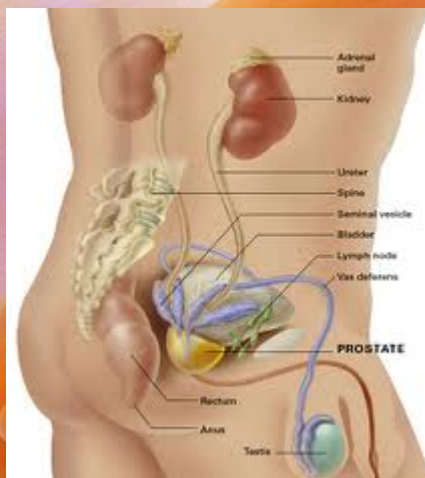
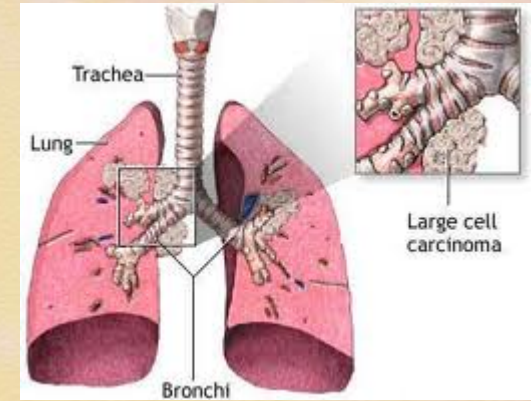
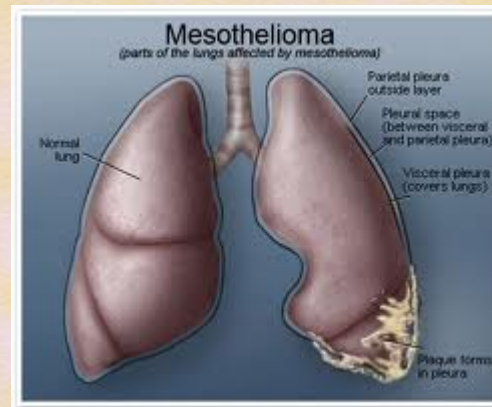
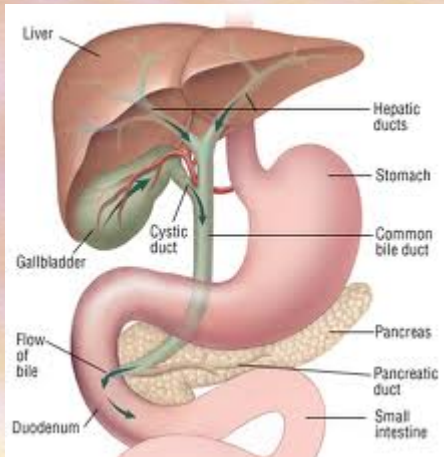
How Cancer Develops



Kinds of Cancers



Kinds of Cancers





Foods Must Eat

- High fiber foods
- Skin-less poultry
- All fresh fish
- Lush green veggies
- All beans, soybean
- Tomato
- Green tea
- Spices
- Whole grain
- Flaxseed





Foods Never Eat

- Fast foods
- Caffeine rich foods
- Adulterated foods
- Chemical treated
- Table salt & Ajinomoto
- Butter, Margarine & fat
- Lard, Ghee, Mayonnaise
- Fatty goose or duck
- Canned fish & Red meat
- Kidney, brains, liver
- Smoked / salt-cure foods
- Icecream





Good & Bad Foods

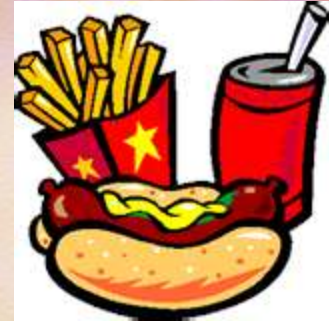


Good Foods	Bad Foods
Dairy Group:	
Skim milk or 1% fat, Low fat cheese, yogurt, Churned Lussi, Packed milk	Whole milk, Full fat cheese/ yogurt, Full fat yogurt lussi with perra (a sweet), Open adulterated milk, Raw milk
Meat Group	
White meat (broiler & sea-fish)	Broiler leg piece, Red meat esp. beef, Bar-BQ , Hareesa, Siri paey, Brain masala
Grain Group	
Whole wheat, maize, barley, oat, rice	De-hulled grains, Pure starch, Less fibrous foods, Dense spicy foods, Polished rice





Good & Bad Foods



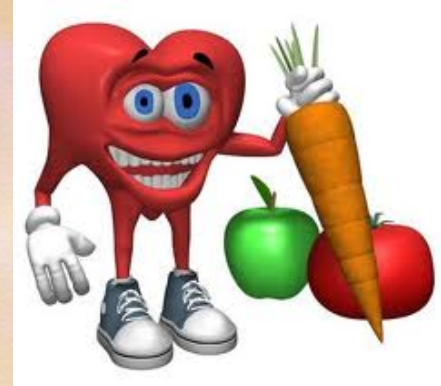
Good Foods	Bad Foods
Seed & Nut Group	
All seeds, beans and nuts esp. flaxseed, pea, gram, soybean	Nil
Inorganic Foods	
Black salt, Calcium salt, Brown sugar	Table salt, Ajinomoto, White sugar, Artificial sweetners
Liquid Group	
Clean drinking water, Standardized bottled water / mineralized	Polluted drinking water, Substandard bottled water, Fruit juices, Soda (pepsi, coke, 7-up, etc.), Black tea or blended with milk & sugar, Kashmiri tea, Coffee in any form, Hot chocolate, Alcohol





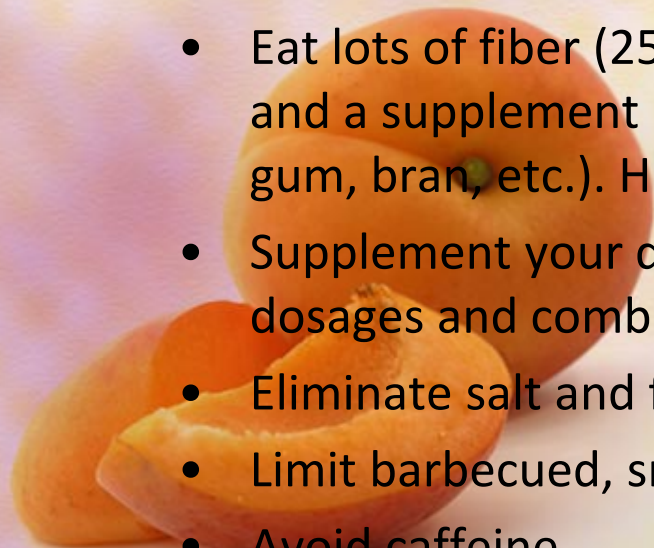
Best Lifestyle

10 Point Agenda



POINT 1: CARE FOR NUTRITION

- Maintain an ideal weight. Lose weight even if it is just 5 or 7 pounds.
- Decrease the number of daily calories.
- Eat a low-fat low-cholesterol diet: fish especially those rich in omega-3 fatty acids; poultry without skin; and skim-milk products (not whole, 2 percent, or 1 percent milk). Limit red meat, including luncheon meat. Limit oils and fats.
- Eat lots of fiber (25 to 30 grams a day). Include fruits, vegetables, cereals, and a supplement of fiber to obtain a consistent amount each day (guar gum, bran, etc.). High-fiber cereals are the best.
- Supplement your diet with certain vitamins and minerals in the proper dosages and combinations for your lifestyle
- Eliminate salt and food additives.
- Limit barbecued, smoked or pickled foods.
- Avoid caffeine.





Best Lifestyle

10 Point Agenda



POINT: 2 QUIT TOBACCO

Do not smoke, chew, or snuff. Do not inhale other people's smoke.

POINT: 3 AVOID ALCOHOL

Avoid all alcohol or consume only minimal amount (less than one drink per week).



POINT: 4 AVOID RADIATION

Have X rays taken only when needed. Use a sunscreen with an SPF of at least 15 when sunbathing.

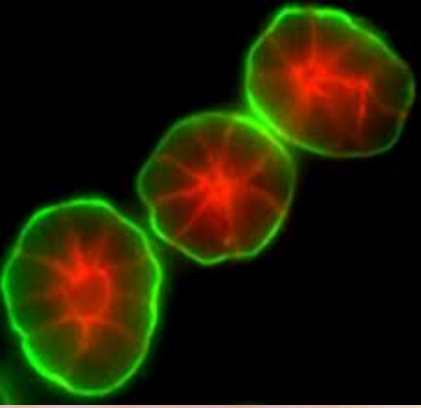
POINT: 5 GOOD ENVIRONEMENT

Keep air, water, and work place clean. Regulate electromagnetic fields.



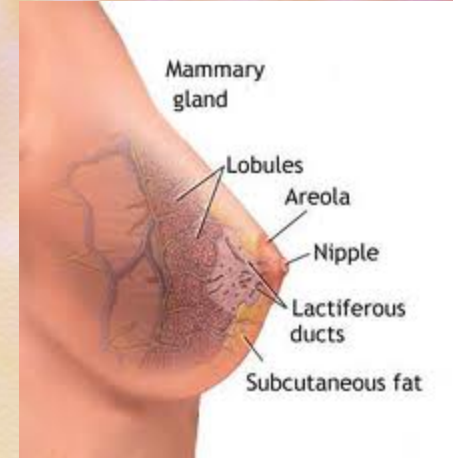
POINT: 6 AVOID HORMONES & DRUGS

Avoid promiscuity hormones, and any unnecessary drugs.



Best Lifestyle

10 Point Agenda



POINT: 7

LEARN THE SEVEN EARLY WARNING SIGNS

- Lump in breast.
- Change in wart or mole.
- Nonhealing sore.
- Change in bowel or bladder habits.
- Persistent cough or hoarseness.
- Indigestion or trouble swallowing.
- Unusual bleeding or discharge.





Best Lifestyle

10 Point Agenda



POINT: 8 RETAKE SELF-TEST

Note your disease risk factors and symptoms that may indicate or heart disease.

POINT: 9 EXERCISE AND RELAX REGULARLY

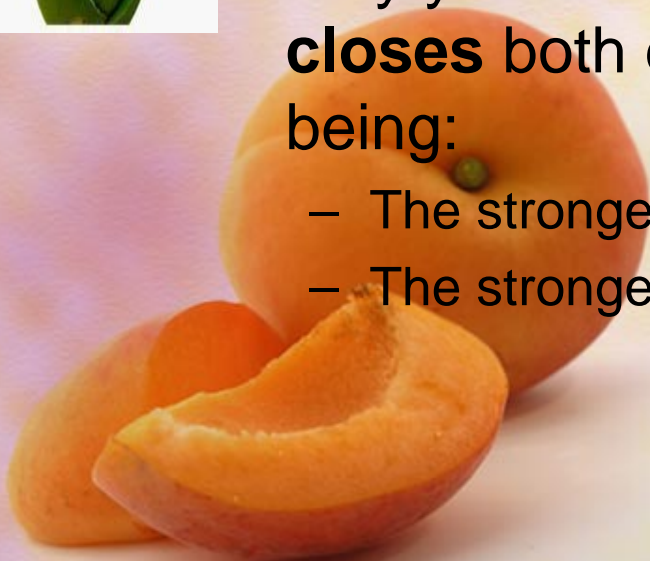
POINT: 10 TAKE EXECUTIVE PHYSICAL YEARLY



The Most Powerful Anti Cancer Super Herb 'Aloe Vera'



- Despite its revolutionary cosmetics effect, it has stunned healthcare professionals as **Food**
- There are only two **doors** from where diseases attack on the human body **(1)** weak immunity, and **(2)** weak metabolism
- Fifty years world research shows that Aloe Vera **closes** both doors and strengthens human body being:
 - The strongest **immune enhancer** and **antibiotic**
 - The strongest metabolic **synergy**



Thank You All

See You
Next
Time

(20-Feb-12)

